

# Gift of Health

- 2 The Future is Here
- 4 Behavioral Health Services
- 5 Health Care Firsts
- 6 Leaders, Teachers, Healers
- 9 The Track to Wellness

Inside

*The Future  
Is Here*  
Intelligent Care System



SAINT  
JOSEPH  
MERCY  
HEALTH SYSTEM

# The Future is Here

## St. Joseph Mercy Oakland named The Most Wired Hospital

Generations have watched our television and comic book heroes – James Bond, Dick Tracy, Maxwell Smart, Captain Kirk – using a wristwatch to communicate. Now, doctors and clinicians at St. Joseph Mercy Oakland are using a wireless wrist-worn device – the ViSi® Mobile – to monitor patients. The device displays time and much more, it provides continuous measurement of the patient's vital signs: respiration rate, heart rate, blood pressure, oxygen saturation, and temperature. This innovative monitor is just one of the many features of the hospital's new Intelligent Care System.

St. Joe's Oakland has been recognized by the American Hospital Association (AHA) as the "Most Wired Hospital" for its use of Visensia, a predictive analytic tool used to monitor a patient's hemodynamic stability and determine if they need advanced care or rapid response. The AHA reviewed data, showing it improved outcomes at St. Joe's Oakland. Visensia is one of the 11 integrated technologies that make up the Intelligent Care System at St. Joe's Oakland's recently built South Patient Tower.

"We created our Intelligent Care System with a focus on making the latest technologies interactive to improve communication," said Fabian Fregoli, MD, Vice President of Quality and Patient Safety and Chief Medical Informatics Officer, "We saw a great potential for using technology to enhance our hospital's healing environment and our patients' experience." Some examples of the Intelligent Care System include:

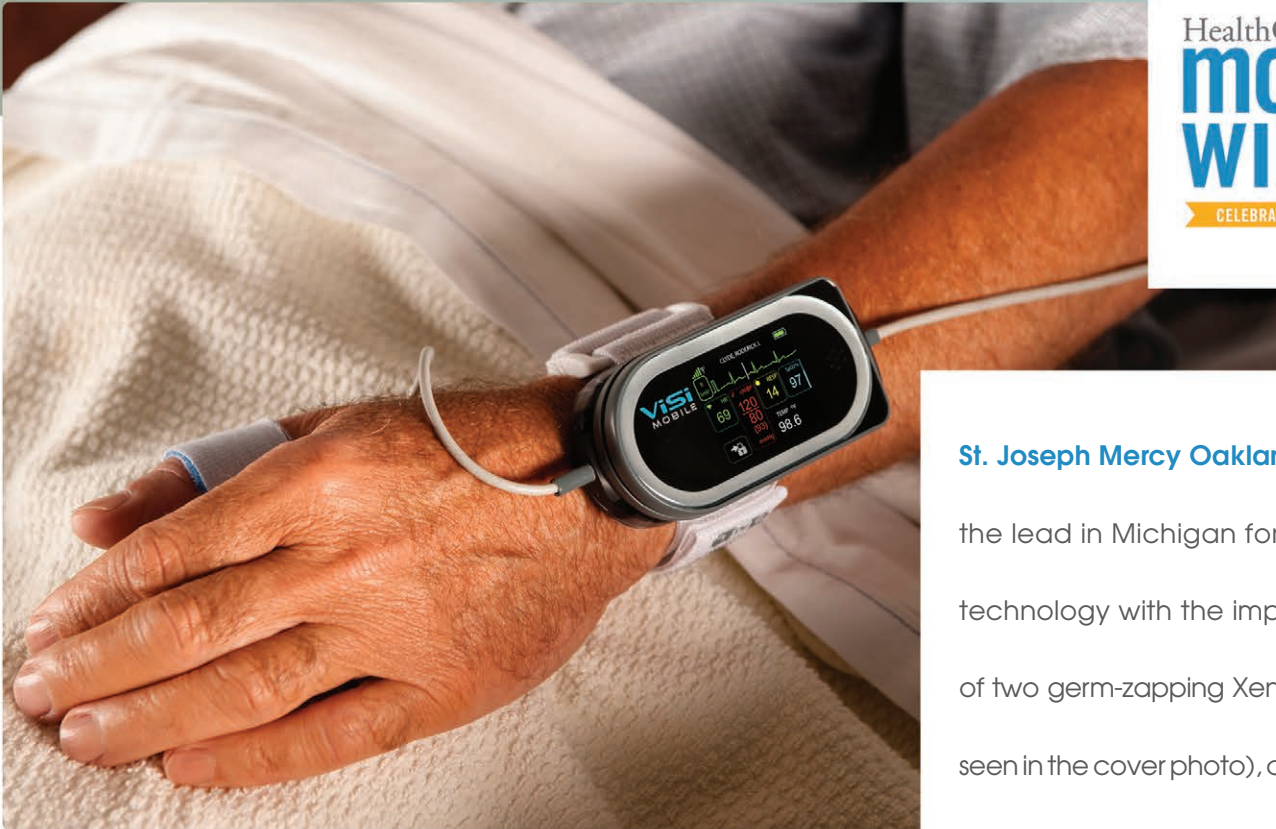
- The ViSi Mobile® device (mentioned above) continuously measures a patient's vital signs to improve safety, while reducing interruptions during rest and giving the patient more comfort and ability to move around; to help clinical teams identify signs of change in a patient's condition earlier so they can intervene sooner; improve communication and workflow; and to accelerate response times.
- Smartbeds transmit patient information directly to medical records and the clinical staff measuring everything from patient weight to risk of pneumonia or bed sores

- The Voalte iPhone based information system integrates the electronic medical record system, receives alarms and provides secured texting among clinical staff and physicians to improve communication, privacy, efficiency and speed of response
- Hand-hygiene compliance solution uses real-time monitors to track staff activity and enhance infection prevention practices
- Xenex robots (featured on the photo on the cover and in more detail on page 3) destroy deadly pathogens using pulsed xenon ultraviolet (UV-C) light, eliminating multi-drug-resistant organisms including Clostridium difficile (C. diff), norovirus, influenza and staph bacteria such as MRSA

The new Tower and these improvements are serving patients and their families from the moment they enter the hospital through treatment planning, medical and surgical treatments and recovery.







The integrated wrist-worn Visi Mobile is a feature of St. Joe's Oakland's exclusive Intelligent Care System improving comfort, safety and quality of care.



The Xenex robot in action.

**St. Joseph Mercy Oakland** has taken the lead in Michigan for disinfection technology with the implementation of two germ-zapping Xenex robots (as seen in the cover photo), affectionately named "Shelby" and "Lexi." The robots use pulsed xenon ultraviolet (UV-C) light to destroy deadly pathogens and kill multi-drug-resistant organisms that put patients at risk, including Clostridium difficile (C. diff), norovirus, influenza and staph bacteria such as MRSA. A clean even Rosie the robotic maid from the Jetsons couldn't achieve, the Xenex transmits UV levels at 25,000 times more than the sun to completely eliminate certain germs and bacteria.

# Innovative Approach to Behavioral Health Services



"From the beginning, we tell each patient he or she is capable, not helpless, even to one's own feelings and thoughts, and we work with the patient as a team toward managing behavioral health issues, furthering recovery, and promoting healing," Etienne Dehoorne, MD, SJMC Medical Director for Behavioral Health Services.

Mental health disorders are common in the United States, affecting approximately 44 million adults each year.<sup>1</sup> Having trusted, quality care is key to patients who are managing diagnoses such as depression, anxiety, bipolar disorders, addiction and thought disorders such as schizophrenia. When St. Joe's Chelsea opened its doors more than 40 years ago, the services included an innovative and patient-centered approach to offering psychiatric inpatient care, an approach they still offer today.

**"St. Joe's Chelsea is distinguished as the only hospital in Michigan with both a secured unit and open unit on its inpatient Behavioral Health Services Wing," explained Nancy Siegrist, SJMHS Director of Behavioral Health Services.**

"This has proven to be a successful way to not only treat patients during their stay, but also to better prepare them for their home and public life."

While the secured unit provides a safe, structured environment for patients who need more support or supervision, the unique open unit gives less acute patients fewer restrictions to steadily increase their function and independence. Over time, the patients on the open unit may take advantage of the beautiful hospital campus and wooded walking paths and enjoy meals in the hospital dining room with family. During each patient's stay, staff continually assesses:

- The patient's need for clinical and emotional support and medical intervention
- The patient's moods and thoughts
- The patient's comfort level and ease in contacting staff at any time for help dealing with difficult thoughts or urges

"There are still myths about behavioral health and we know that by offering a safe and private environment, building collaborative trusting relationships, and making "care" an integral part of treatment, we can reach beyond barriers and help our patients to improve their health and quality of life," said Siegrist.

*St. Joe's Chelsea will soon be renovating the inpatient Behavioral Health Services wing to further improve patient comfort and care. For information on how to support this program, please call 734-593-5373.*

<sup>1</sup>Russell, Lesley, *Mental Health Care Services in Primary Care: Tackling the Issue of Health Care Reform*, Center for American Progress, <<http://www.americanprogress.org/wp-content/uploads/issues/2010/10/pdf/mentalhealth.pdf>>



## A Model for Hope & Healing

The Livingston community and St. Joe's are committed to health care firsts. In 2006, the community helped surpass a \$5 million goal in support of the Warren R. and Lauraine A. Hoensheid Cancer Center at St. Joe's Brighton. It was the first full service cancer center in Livingston County and a one-of-a-kind facility. The project leaders traveled around the country to research other sites and incorporate their best features. The result was a state-of-the-art building with a warm, healing environment. The décor was more like a spa than any health care facility in southeast Michigan at the time, the Center was outfitted with the latest in medical technology, and it was staffed by experts with a passion for healing body, mind and spirit.

Today, donors' gifts continue to make a difference for patients who need care close to home. The Hoensheid Cancer Center serves as a place of hope and healing. Since opening, thousands of patients have relied on the experts there. Radiation oncology specialists and clinicians have provided more than 69,000 treatments. And, in more recent years, since 2013, nearly 1,000 patients have benefited from more than 10,300 infusion and chemotherapy treatments provided by specialists in hematology & oncology.

The Warren R. and Lauraine A. Hoensheid Cancer Center is the model for all of the Saint Joseph Mercy Health System Cancer Centers that have been built since it opened.

**The success of the Cancer Center and the community's support are the inspiration for the transformation of St. Joseph Mercy Livingston & Brighton. Major renovation and expansion efforts at our health center in Brighton and hospital in Howell will meet the county's growing need for expert medical services and specialties close to home. Watch for more information to come!**

The Warren R. & Lauraine A. Hoensheid Cancer Center remains the only full service center in Livingston County with both radiation and chemotherapy services.

## Branching Out

This past December, St. Joseph Mercy Chelsea opened its new Cancer Center, made possible by a community-wide campaign and generous support of more than \$6 million. St. Joe's Chelsea is the only hospital in western Washtenaw County to offer radiotherapy services. This includes the TrueBeam™ linear accelerator, the latest advancement in radiotherapy technology delivering powerful cancer treatments with pinpoint accuracy and precision. In addition, the project nearly doubled the hospital's capacity for chemotherapy and infusion services. It makes a wide range of cancer treatments available at the hospital people know and trust close to home.



“The courage that my cancer patients have inspires me each day,” said Walter M. Sahijdak, MD, SJMHS Medical Director of Radiation Oncology. “Being able to provide radiotherapy, along with chemotherapy, close to home is an advantage that cannot be underestimated for cancer patients.”

# Leaders, Teachers, Healers





**E**very day, Dr. David P. Steinberg, Medical Director of St. Joe's Physical and Medical Rehabilitation, strives to make care better for the more than 400 patients who turn to us each year after a severe brain or spinal cord trauma or stroke. St. Joe's Ann Arbor provides inpatient and outpatient Neuro-Rehab care to some of the most severely injured patients – many who have to start by relearning to swallow, talk, get dressed and walk. Dr. Steinberg says, “the acute care team saves the patient's life and the rehab team works to help make their life more full and worth living.”

Under Dr. Steinberg's direction, experts in Neuro-Rehab medicine, nursing, and occupational, speech and physical therapy all work together as a team. The foundation of their program is the trusting relationships that they build with their patients; inpatients often need weeks of care. The staff provides the latest in treatments using technology like the Lokomat® – an unmatched computerized treadmill that supports patients, allowing them to re-learn to walk much earlier in recovery. This innovative treatment is just one of the reasons St. Joe's was recently named Michigan's first Stroke Rehabilitation Center of Excellence, recognizing us as the best in treatment options and outcomes (see more on page 9).

Dr. Steinberg is among the hundreds of physicians and surgeons throughout Saint Joseph Mercy Health System who serve as leaders, teachers and healers.

**Tell us a little about yourself?** I came from a pretty down to earth background. My dad was a college professor and my mom was a teacher. I was born in California, and we moved many times before settling down in southern New Jersey in a beach town. Growing up, my life revolved around all things related to the ocean- swimming, rowing, and fishing. Rowing was my real passion. I rowed for the lifeguard team and my high school team and then I rowed on the crew team when I was an undergrad at Harvard. My wife and I met when I was in medical school and she was getting her MBA at the University of Chicago. We moved to Ann Arbor in 1995, and have three children, a son in college, a daughter in high school and a daughter in middle school. Being close with my family is really important. Our house was built in 1836 and there is only one bathroom – you have to be close to share a bathroom with five people.

**How did you choose your specialty?** In my 3rd year of medical school, I went to Lithuania for three weeks. I worked alongside a rehab doctor and several paraplegic guys who had survived spinal cord injury. The sponsoring organization, Physician's for Social Responsibility, was trying to increase awareness about

reallocating resources away from the nuclear arms race and removing social and physical barriers for people with disabilities. It was an exploration in many ways, of my family roots in Lithuania and also into a field of medicine that I knew very little about. I saw firsthand the barriers and potentials facing people with spinal cord injuries. That trip really opened my eyes. When I returned to Chicago, I realized that I was really drawn to the field of Physical Medicine and Rehabilitation. I learned that the Rehabilitation Institute of Chicago is one of the best in the nation. I was the only member of my med school class to go into this field of medicine.

**How long have you been at St. Joe's? And, what drew you here?** I've been at St. Joe's since 1995; I started right out of residency. I was looking for a hospital that had a deep commitment to patient care first and foremost. St. Joe's also has a commitment to helping the poor and underserved, is a teaching hospital, has phenomenal technology, has a well-respected medical staff, and I could tell right away that people here loved their jobs. And, I was also looking for strong mentorship in a group practice setting – and I found the Associates in Physical Medicine and Rehabilitation. They were physicians who were knowledgeable, dedicated, caring experts that work as a team. St. Joe's felt like an obvious place to call home and start my career.

**What are your roles at St. Joe's?** First and foremost I provide rehab medicine care to patients in both inpatient and outpatient settings. I am an Attending rehab doctor on the inpatient rehab unit, 4 East. And I see outpatients in our office in the Reichert Health Center. I was named Medical Director of St. Joe's Physical Medicine and Rehabilitation Department in 2001. I've served on many hospital committees and have held leadership roles including Vice Chair of the Department of Medicine. And, in a few months, I'll become St. Joe's Chief of Staff.

**What is most important to you about your work?** I often describe brain and spinal cord trauma and stroke as being like “Alice in Wonderland.” Patients step through a doorway into a new world and can't go back. It's a new disorienting reality and patients have to find a new sense of themselves and new purpose in order to lead a meaningful life. We become a team – the patient, the staff, and me. We guide patients through their journey, through therapies that restore capabilities and quality of life. I can't think of anything more rewarding than that.

**How would you describe your philosophy of care?** It's clear at St. Joe's that the patient comes first. Always. My philosophy is to treat patients and their families the way I would want to be treated or would want my family



# Leaders, Teachers, Healers

treated. In addition, I believe everyone on my team has an important role and we all have to fulfill that role to be successful and improve outcomes.

**What is on the horizon for your program?** We are continually advancing protocols for treating patients on the Rehab Unit. Looking forward, we are strengthening our commitment to people-centered care. We want to knock the ball out of the park for the patient experience by listening and communicating better, and always delivering exceptional care with a relentless focus on safety, respect, and dignity. Rehab care improves quality of life, restores

that as you are meeting trauma and stroke patients during one of the most vulnerable and stressful times in their lives, you have to be positive and encouraging and humor helps people to cope.

**Are you involved in the community or organized activities?** I've been active with my kid's schools and sports teams especially with the Skyline High School crew team. I'm active on the Glacier Hills Board of Directors. And, I'm a member of "Team Joe's" with SJMHS President & CEO Rob Casalou and other colleagues; it's a 3-day cycling tour that raises money for the Make-a-Wish Foundation.



Dr. Steinberg's patient Kevin Siebarth suffered a severe spinal cord injury. Today he is an avid handcyclist.

patients to greater function, and in the long run is very cost effective. We help along the whole health care continuum—from primary care, to inpatient hospitalization, to nursing home care, and home care. I think we need to strengthen our value as care managers for patients with complex rehab issues—disabilities, post-traumatic recovery, severe musculoskeletal injuries, and chronic pain. Another focus is around wellness – from offering food grown at St. Joe's Farm, to providing healthy recipes and cooking tutorials, to fitness instruction and motivation. And, we are working toward purchasing additional equipment for gait and walking therapies.

**If you weren't a doctor, what is your second choice for a career?** I would have been either a teacher or a coach. I use some similar skills being a doctor only it's more hands on. When I was doing my residency in Chicago, I learned

**What is your favorite thing to do in your "spare" time?**

To spend time with my family and anything athletic, outdoors and related to my kid's sports. I have really enjoyed helping their teams—rowing, basketball, baseball, soccer, track, and rock climbing. Sometimes the best activity is just grabbing a Frisbee and heading to the park together. I built a chicken coop at our house, and we started raising chickens. It's a miracle to have that connection to nature. We give the chickens a little feed and they give us eggs! I've become an urban farmer just a bit. I love getting into the yard and helping my wife with weeding. That's an inside joke because she is the world's best weeder, and I'm pretty lame at it. I do try, but too often I end up pulling out the good plants rather than the weeds.

(For the full interview visit [stjoesannarbor.org/giving](http://stjoesannarbor.org/giving))



St. Joseph Mercy **Ann Arbor** –

## First Certified Stroke Rehabilitation Center of Excellence

The Joint Commission recently recognized St. Joseph Mercy Ann Arbor (SJMAA) as the first hospital in the state of Michigan to be a certified stroke rehabilitation center of excellence. This achievement signifies an organization's dedication to better outcomes for stroke patients. As part of the voluntary process, the Joint Commission reviewed St. Joe's stroke program, including collecting performance data and its use in improvement activities. The certification in part recognizes St. Joe's advanced treatment options including an in-depth care plan, depression screening (a key factor in treatment planning and outcomes), and using state-of-the-art equipment such as the Lokomat®.

“Thanks to the generous sponsors of the 2013 St. Joe's Holiday Ball, we were able to purchase the Lokomat, a robotic exoskeleton that improves the patient's gait and ability to walk early in the recovery process. It's sort of like 'Ironman' meets 'Robocop' meets 'Avatar,’” said David Steinberg, MD, Director of Physical Medicine & Rehabilitation. “When someone has been wheelchair bound for days or weeks and they are able to walk with the assistance of the Lokomat, it is amazing to see. It's the first step to walking on their own again.”

St. Joe's Ann Arbor and St. Mary Mercy Livonia hold the distinction from The Joint Commission as a Primary Stroke Center. St. Joe's Oakland is the home of Michigan's first Certified Primary Stroke Center, as designated by The Joint Commission and the American Stroke Association.

For more information visit [stjoeshealth.org/rehabilitation](http://stjoeshealth.org/rehabilitation).





- > Your Passion
- > Your Gift

## OUR COMMUNITY'S BENEFIT

Your financial support makes remarkable care possible. Visit [stjoeshealth.org](http://stjoeshealth.org), select your hospital and click on Ways to Give.

### Or call our Office of Development:

|                                      |              |
|--------------------------------------|--------------|
| St. Joseph Mercy Ann Arbor           | 734-712-4040 |
| St. Joseph Mercy Chelsea             | 734-593-5373 |
| St. Joseph Mercy Livingston/Brighton | 734-712-4040 |
| St. Joseph Mercy Oakland             | 248-858-6146 |
| St. Mary Mercy Livonia               | 734-655-2980 |



## Your Legacy

You can ensure the Remarkable Medicine, Remarkable Care that your family has counted on is available for future generations. Making a gift through your will or trust is a simple and meaningful way to leave your legacy.

Call Fran Petonic, Vice President for Development, at 734-712-4040 for sample language and allow us to recognize you as a member of one of our Legacy Societies.





# The Track to **Wellness**

As a young man, Mark Layton was an active individual who never struggled with his weight. As the years flew by and Mark spent more and more time at his desk, the weight accumulated. In his late 40s, Mark's weight reached an all-time high and he was diagnosed with type two diabetes.

In 2011, Mark's endocrinologist gave him a wake-up call. "He said I was on a collision course for something awful. I was only 54 years old, but with high cholesterol, high blood pressure and a need for 200 units of insulin a day, I would be lucky to live a long life."

That's when Mark's endocrinologist recommended the Michigan Bariatric Institute. Mark attended an informational session and started researching bariatric surgery. Together, the Layton's committed to Mark's surgery and all it entailed – dieting, exercise and educational seminars before and after surgery.

In June 2012, Mark underwent laparoscopic sleeve gastrectomy, the removal of approximately 75 percent of his stomach, leaving a two to three ounce stomach structured as a narrow tube. Recovery was relatively quick and painless, and Mark's type two diabetes was gone in the matter of a week.

Mark and his wife committed to daily walking. Mark even bought a bike. The pounds started coming off and Mark was thinner, healthier and happier. He even began to run. In March of 2013, Mark ran his first 5K after a suggestion from his wife.

Over the next year, Mark kept running. He ran several 10K races and completed a 15K. Then, he started doing the math. "I was running a 15K, and I thought, what's a few more miles? Why not do a half marathon?" Mark trained and completed his first half marathon early in 2014.

In October 2014, Mark ran the Detroit Free Press/Talmer Bank Marathon. This time, he had his daughter with him for the first half, the same daughter who followed in her father's footsteps and had bariatric surgery from the Michigan Bariatric Institute last year.

"My daughter and I have both lost more than 100 pounds," Mark said. "My golf game has improved, I have more energy and I am much healthier. My diabetes, high cholesterol and high blood pressure are all gone." None of this would have been possible without bariatric surgery.



MICHIGAN  
BARIATRIC  
INSTITUTE

For more information about the Michigan Bariatric Institute,  
visit [stmarymercy.org/mbi-livonia](http://stmarymercy.org/mbi-livonia) or call 877-Why-Weight (877-949-9344).



**OFFICE OF DEVELOPMENT**

5305 East Huron River Drive  
P.O. Box 995  
Ann Arbor, MI 48106-0995

Non-profit  
Organization  
U.S. Postage  
**PAID**  
Ann Arbor, MI  
Permit#130

**EDITORIAL**

**EDITORS**

**Fran Petonic**  
**Steve Levicki**  
**Heather LaDuke**

**INTERVIEWS/WRITER**

**Heather LaDuke**

**CONTRIBUTING WRITER**

**Jaclyn Klein**

**CREATIVE**

**CREATIVE DIRECTION**

**Donald Montgomery**

**PHOTOGRAPHY**

**Christopher Stranad**  
**Sister Anne Marilyn Tyler**  
**Benjamin Weatherston**

## FastFacts

- A new procedure offered at St. Joseph Mercy Ann Arbor, called Trans Oral Robotic Surgery (TORS), has been approved by the FDA to offer a solution to sleep apnea. As the lead institution in the FDA clinical study, St. Joseph Mercy Ann Arbor (SJMAA) has been the site of more than 200 of these minimally invasive procedures. This is the largest number of TORS procedures done in the world, making SJMAA a TORS center of excellence.
- Consumer Reports places St. Joseph Mercy Ann Arbor among the top 15 hospitals for heart surgery in the U.S. SJMAA's score surpassed that of the Cleveland Clinic. Consumer Reports also ranks the Surgery Department at St. Joseph Mercy Livingston among the best in the state for clinical outcomes.
- St. Joseph Mercy Oakland and St. Mary Mercy Livonia were each awarded the Gold Seal of Approval as a Primary Stroke Center by the Joint Commission.
- Summer is coming – watch for seasonal fruits, vegetables and flowers from St. Joe's Farm and other local gardens at the farm stand in the Patient Tower Lobby in Ann Arbor and the Eastern Market Farm Stands at St. Mary Mercy Livonia and St. Joseph Mercy Oakland.
- St. Joseph Mercy Chelsea was the only hospital in southeast Michigan to receive the highest rating as part of the Centers for Medicare & Medicaid Services (CMS) newly-introduced five-star quality rating system on Hospital Compare, the agency's public information website. The ratings are based on CMS survey data that measures patients' perspectives of hospital care on topics such as: how well nurses and doctors communicate with patients; how responsive hospital staff are to patient needs; and how clean and quiet hospital environments are.

**For more information,  
please contact us at:**

Office of Development  
Saint Joseph Mercy Health System  
5305 E. Huron River Drive, PO Box 995  
Ann Arbor, MI 48106-0995

Phone: 734-712-4040  
Fax: 734-712-3730

**[www.stjoeshealth.org](http://www.stjoeshealth.org)**

Please contact us at 1-855-257-1719 if you wish to have your name removed from lists used to send fund-raising requests supporting Saint Joseph Mercy Health System.